

TWO OCEANS MARATHON 2020 TRAINING PROGRAMMES



THE BLUE MEDAL TRAINING PLAN FOR THE ULTRA MARATHON

Here is your 15-week programme to get you ready to chase a Blue Medal finish in the Two Oceans Ultra Marathon. You should have been comfortably averaging a minimum of 25–30 km per week the 4 – 6 weeks before starting this programme.

Please read the accompanying introductory notes about this and the other programmes we offer in order to decide which programme best suits your needs. Please take note of the key below explaining the various abbreviations used in the programme that follows. Then, all you need to do is kick the New Year off with a bang and start your training for the Two Oceans Ultra Marathon on 11 April 2020. Good luck!

Key

WU: Warm Up
E: Easy
LSD: Long Slow Distance
HL: Hills
SPD: Speed
TT: Time Trial
CD: Cool Down
RPE: Rate of Perceived Exertion
Base
Transition
Peak
Taper
Race
Rest Day
Recovery

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 1 30 Dec – 5 Jan	REST	7km E (RPE 2–3)	REST	6km E (RPE 2–3)	REST	12km LSD (RPE 3–4)	REST	25km
Week 2 6 Jan – 12 Jan	REST	9km E (RPE 2–3)	REST	7km HL 2km WU; 3x3min HL (RPE 6) with 2min walk between; CD	REST	14km LSD (RPE 3–4)	REST	30km
Week 3 13 Jan – 19 Jan	REST	8km E (RPE 2–3)	6km E (RPE 2–3)	REST	4km HL 1km WU; 3x3min HL (RPE 6) with 2min walk between; CD	REST	17km LSD (RPE 3–4)	35km
Week 4 20 Jan – 26 Jan	REST	7km E (RPE 2–3)	REST	8km E (RPE 2–3)	REST	10km LSD (RPE 3–4)	REST	25km
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 5 27 Jan – 2 Feb	REST	10km E (RPE 2–3)	5km HL 2km WU; 3x4min HL (RPE 5) with 2min E between; CD	REST	5km E (RPE 2–3)	REST	20km LSD 2km WU; 12km with big hills (RPE 5); 6km Mod (RPE 3)	40km
Week 6 3 Feb – 9 Feb	REST	7km E (RPE 2–3)	6km HL 2km WU; 4x3min HL (RPE 6) with 1:30min E between; CD	5km E (RPE 2–3)	REST	22km LSD 3km WU; 14km with big hills (RPE 5); 5km E (RPE 2)	5km E (RPE 2–3)	45km
Week 7 10 Feb – 16 Feb	REST	6km E (RPE 2–3)	REST	10km E (RPE 2–3)	REST	14km LSD (RPE 3) Flat run	REST	30km

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 8 17 Feb – 23 Feb	REST	7km E (RPE 2–3)	6km HL 2km WU; 5x3min HL (RPE 5) with 1 min E between; CD	REST	REST	26km LSD 3km WU; 17km with big hills (RPE 4); CD	6km HL (RPE 2–3) Walk hills to keep effort low	45km
Week 9 24 Feb – 1 Mar	REST	6km E (RPE 2–3)	5km SPD 2km WU; 5x2min HD (RPE 7) with 1 min E between; CD	REST	7km E (RPE 2–3)	REST	32km LSD 2km WU; 20km at hard effort (RPE 4–5); 10km E (RPE 2–3).	50km
Week 10 2 Mar – 8 Mar	REST	8km E (RPE 2–3)	4km SPD 2km WU; 8x1min HD (RPE 8) with 30sec E between; CD	REST	9km E (RPE 2–3)	REST	36km LSD 3km WU; 22km with big hills (RPE 5); 11km E (RPE 2–3)	57km
Week 11 9 Mar – 15 Mar	REST	12km E (RPE 2–3)	REST	10km E (RPE 2–3)	REST	15km LSD Flat route (RPE 3–4)	Cross-training	37km

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 12 16 Mar – 22 Mar	REST	8km E (RPE 2–3)	6km HL 2km WU; 2x5min HL (RPE 6) with 2min E between; CD	11km E (RPE 2–3)	REST	40km LSD (RPE 3–4)	REST	65km
Week 13 23 Mar – 29 Mar	REST	6km E (RPE 2–3)	5km HL 2km WU; 2x5min HL (RPE 6) with 3min E between; CD	7km E (RPE 2–3)	REST	30km LSD (RPE 3–4) Gentle hills	5km E (RPE 2–3)	53km
Week 14 30 Apr – 5 Apr	REST	8km E (RPE 2–3)	REST	12km E (RPE 2–3)	REST	15km LSD (RPE 3–4) Gentle hills	REST	35km
Week 15 6 Apr – 12 Apr	REST	5km E (RPE 2–3)	8km SPD 2km WU; 8x1min HD (RPE 8–9) with 1min E between; CD	REST	3km E (RPE 2–3)	TOM Ultra Marathon	REST	72km
Week 16 13 Apr – 19 Apr	REST	3km Walk	REST	Cross-training	REST	8km E (RPE 2–3)	REST	11km
Week 17 20 Apr – 26 Apr	6km E (RPE 2–3)	REST	Cross-training	REST	9km E (RPE 2–3)	REST	10km E (RPE 2–3)	25km